

# Happy, Healthy 2020 !

## Making Those New Resolutions Come True

*The VT Department of Health offers resources and supports to help you meet your 2020 goals*

### Improve Your Health

- **A great place to start** – [MyHealthyVT.org](http://MyHealthyVT.org)  
Whether it's a goal to lose weight, or finding help to manage your diabetes, chronic pain or other long-term health problems, local coordinators connect you with workshops near you. Vermonters who complete our workshops report big improvements in their health and overall well-being.
- **Healthy Eating** - [healthvermont.gov/MyMoment](http://healthvermont.gov/MyMoment)  
By staying a healthy weight, you feel better and can reduce your risk of heart disease and stroke. A healthy weight can also help control other conditions such as high blood pressure, high blood cholesterol and diabetes.
- **Smoking, Tobacco and Vaping** – [802Quits.org](http://802Quits.org)  
Increase your success in quitting tobacco or vaping with 802Quits. Get tips and tools - including nicotine replacement therapy – to help you find the path that works for you. Call 1-800-QUIT-NOW or visit 802Quits.org.
- **Alcohol & Drinking** – [healthvermont.gov/alcohol](http://healthvermont.gov/alcohol)  
If you're concerned that you or someone you know may need help dealing with alcohol dependency, visit our website for information and treatment and recovery resources.  
  
Try this quick online quiz to see if your drinking habits are safe, risky or harmful:  
[AlcoholScreening.org](http://AlcoholScreening.org).
- **Drugs and Substance Use** – [healthvermont.gov/FindTreatment](http://healthvermont.gov/FindTreatment)  
We know how difficult it is to take the first steps to find treatment and help to succeed in recovery. That's why we open as many doors as possible. Whether for yourself or someone you know, potentially life-saving support and treatment is available – right now, near you.
- **Walk the Walk** – [safestreeets.vermont.gov/WatchForMe](http://safestreeets.vermont.gov/WatchForMe)  
It's hard be active in the winter, but even short walks can make a difference. Check out these tips on staying safe while walking, and for watching for others when you drive.

### Stay Healthy & Prevent Illness

- **You First** – [YouFirstVT.org](http://YouFirstVT.org)  
Screening and personalized supports that connect eligible Vermonters to breast, cervical and heart screenings, diagnostic tests and heart healthy lifestyle programs. Members can get free memberships to WW® (Weight Watchers), TOPS® and local gyms, farmers' market coupons, and more.

- **Get Vaccinated** – [healthvermont.gov/immunizations](https://healthvermont.gov/immunizations)  
Vaccinations help protect people from the risk of disease, especially infants who are too young to be vaccinated. And now that it's flu season, you'll want that [flu shot](#) right away.
- **Ready to be Steady** – [FallsFreeVermont.org](https://FallsFreeVermont.org)  
Falls, especially among older Vermonters, can lead to chronic health problems and loss of independence. Resolve to improve your balance and prevent future falls with these free screening events and exercise classes.
- **Be Tick Smart** – [healthvermont.gov/BeTickSmart](https://healthvermont.gov/BeTickSmart)  
They'll be back before you know it, so be sure you know what to do to prevent tick-borne diseases.

### Take Care of Your Family

- **Talk with your Kids** – [ParentUpVT.org](https://ParentUpVT.org)  
Parents are their kids' #1 influence as they navigate the challenges of drugs, alcohol and mental health. In fact, children whose parents tell them about the risks of drug use are significantly less likely to use drugs. But these are hard conversations. ParentUp offers tips and guidance for being the best influence possible.
- **Growing Families** – [healthvermont.gov/wic](https://healthvermont.gov/wic)  
WIC gives you access to healthy foods, nutrition counseling and breastfeeding support. If you're pregnant, recently had a baby, or have a child under age 5, WIC is right for you.
- **Prescription Medication Disposal** – [healthvermont.gov/DoYourPart](https://healthvermont.gov/DoYourPart)  
A lot of substance misuse and addiction starts at the family medicine cabinet. We make it easy for you to get rid of unused, unwanted and expired medications. See how to drop off unused medications at a local kiosk or mail it in a free pre-paid envelope.
- **Healthy Homes** – [healthvermont.gov/HealthyAtHome](https://healthvermont.gov/HealthyAtHome)  
See the simple steps to keeping your home, and everyone in it, healthy and safe. Get useful information about lead poisoning, radon, cleaning chemicals and more.
- **Drinking Water** – [healthvermont.gov/water](https://healthvermont.gov/water)  
It's important to regularly check your well water for contaminants, and to know how to keep your water safe to drink.
- **Be Prepared** – [healthvermont.gov/EmergencyPrep](https://healthvermont.gov/EmergencyPrep)  
Be ready for the next power outage, flood or other emergency. Create an emergency plan for your family, put together a supply kit, and stay informed by signing up at [vem.vermont.gov/vtalert](https://vem.vermont.gov/vtalert) to get text, email or phone alerts.

### Make a Difference in the Health of Your Community

- **Help in an Emergency** – [OnCallforVT.org](https://OnCallforVT.org)  
Visit OnCall for Vermont to learn about volunteering with a Medical Reserve Corp (no medical experience needed) or your local Emergency Medical Service (EMS).
- **Climate and Your Health** – [healthvermont.gov/climate](https://healthvermont.gov/climate)  
Everyone's health is affected by climate change, and certain people are more vulnerable than others. Taking action to minimize the impacts of climate change can improve the health of Vermonters today and in the future.